

ABSTRACT OF THE DISCLOSURE

A balance board for exercising, sports training, recreation and the like, uses a board member that rides along a roller along either the central longitudinal axis of the board member or along 5 the central vertical axis of the board member. Stop members are removably attached to the board member for limiting the range or ride of the board member with respect to the roller on either axis and to further selectively vary the distance of travel of the board member when it is traveling on its longitudinal axis.